

WHAT IS CLAIMED IS:

1. A ring-shaped metal gasket comprising:  
an annular main body having a square cross section;  
a pair of annular arm portions projecting  
circumferentially outwardly of the annular main body in a bugle  
state at a predetermined angle; and  
an annular projecting portion bulging circumferentially  
inwardly of the annular main body with a height larger than the  
axial height of the annular main body.

2. A ring-shaped metal gasket comprising:  
an annular main body having a square cross section;  
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circumferentially inwardly of the annular main body in a bugle  
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an annular projecting portion bulging circumferentially  
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the axial height of the annular main body.